

Smart Lifting Techniques

Size up the load.

- Assess the load (size, shape and weight).
- Assess whether the load needs to be moved.
- Where is it going to be placed? Check that there are no obstructions.
- Assess whether mechanical or human assistance is required.

Move the load as close to your body as possible.

- A load is heavier to lift or carry if it is not close to the body.
- The whole hand should be used to ensure a firm grip.

Always bend your knees.

- Maintain balance.
- Keep feet apart and in a comfortable position.
- Minimize lower back bending.
- Bend knees preferable at as large an angle as possible but not at a right angle use a semi-squat in preference to a full squat.

Raise the load with your legs.

- Achieve the lift smoothly and without jerkiness.
- Maintain the normal curvature of the spine to allow the force of the load to be distributed evenly from the spine to the pelvis.

Turn your feet in the direction you want to move the load.

- Avoid unnecessary bending, twisting and reaching.
- Change direction by turning your feet and not your back.
- To set the load down, squat down, keep your head up and let your legs do the work.

Lastly, remember to:

THINK TALL

chest lifted, shoulders relaxed, chin tucked in and head level.



Smart Manual Handling

Margaret Hanson



Smart Manual Handling:

Smart Moves in Manual Handling Training Manual, 1994 *Contemporary Ergonomics 1998* Margaret Hanson, 2003-08-29 This series provides a fast track for publication of suitable papers from international contributors The papers are chosen on the basis of abstracts submitted to a selection panel in the autumn prior to the conference In addition to mainstream ergonomists and human factor specialists contemporary ergonomics will appeal to all those who have an interest in people's interaction with their working and leisure environment including designers manufacturing and production engineers health and safety specialists organisational applied and engineering psychologists *Smart Robots V.* Hunt, 2013-03-07 Here is one of the first really thorough presentations on smart robots Robots machine vision systems sensors manipulators expert systems and artificial intelligence concepts combined in state of the art computer integrated manufacturing systems These smart robots increase productivity and improve the quality of our products This comprehensive volume which is extensively illustrated provides a unique synthesis and overview of the emerging field of smart robots the basic approaches for each of the constituents systems the techniques used applications the descriptions of current hardware or software projects a review of the state of the art of the technology current research and development efforts and trends in the development of smart robots All of the information has been compiled from a wide variety of knowledgeable sources and recent government reports An extensive selection of photographs diagrams and charts amplify this book The contents of major chapters include Introduction to smart robots Artificial intelligence for smart robots Smart robot systems Sensor controlled robots Machine vision systems Robot manipulators Natural language processing Expert systems and Computer integrated manufacturing *Smart Robots* presents the state of the art in intelligent robots It is designed to help the reader develop an understanding of industrial applications of smart robots as well as the new technological developments *Smart Robots* is an outstanding introduction to the integration and application of machine vision systems sensors expert systems and artificial intelligence technology **Air Force Manual** United States. Department of the Air Force, 1972 **Simplified Neutrosophic Exponential Similarity Measures for Evaluation of Smart Port Development** Jihong Chen, Kai Xue, Jun Ye, Tiancun Huang, Yan Tian, Chengying Hua, Yuhua Zhu, Smart ports represent the current trend of port development Intelligent operations reduce the daily production cost of ports facilitate efficient production strengthen the risk mitigation ability and comply with the requirements for long term development However a systematic and scientific smart port evaluation method is missing to nail down the evaluation indicators of a smart port and enable accurate evaluation of a port's degree of intelligence This paper analyzes the concept of the smart port establishes a set of smart port evaluation indicator systems and applies a single valued neutrosophic exponential similarity measure to port evaluation to enable quantitative evaluation of port integrity This evaluation method is capable of decision making in the event of incomplete uncertain and inconsistent information during general evaluation opening up a new method for smart

port evaluation and acting as a helpful tool for ports to carry out improvements during actual application **Army** ,1984

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